

Bradford on Avon Health and Wellbeing Group

Note of meeting on Monday 25 February 2019 at Bradford on Avon Library

Present:

Councillor Johnny Kidney - Wiltshire Councillor, Health and Wellbeing lead for Bradford on Avon Area Board (Chairman)

Councillor Jennie Parker - Bradford on Avon Town Council and Chairman Bradford on Avon Dementia Action Alliance

Councillor Jim Lynch - Wiltshire Councillor, Local Youth Network lead for Bradford on Avon Area Board

Councillor Dom Newton - Bradford on Avon Town Council

Ruth Randall - Bradford on Avon and Melksham Health Partnership

Ginnie Heads - Living Well Project Worker, Age UK Wiltshire

Wendy O'Grady - Bradford on Avon Seniors Forum

Dave Payne - Health Trainer, Wiltshire Council

Peter Dunford, Ros Griffiths - Community Engagement Managers, Wiltshire Council

Pippa Webster, Simon Billingham - Age UK Wiltshire

1. Apologies:

Karen Wade - Assistant Commissioner, Adult Care Commissioning, Wiltshire Council

Jo Harris - Librarian, Wiltshire Council

Anne Baldie - Carers Support Wiltshire

2. Minutes from meeting on 10 December and matters arising

Minutes agreed. Matters arising on this agenda.

3. Living Well Project

Pippa Webster and Simon Billingham presented a review of the 2 year pilot phase which summarised the impact of the service on older and vulnerable people in the

area and how these interventions were helping to reduce the demand for GP appointments and hospital admissions. The general feeling was that the 2 year pilot phase of the Living Well Project had been a success and the Age UK Wiltshire project worker, Ginnie Heads, had become a valued member of the Taking Care of Older People team at the Bradford on Avon surgery.

A proposal was presented for continued funding of the project in 2019/20, as now, that is on a 3-way-split of costs between Health Partnership/ Area Board/ Town Council, with Age UK Wiltshire contributing as line manager. A staff cost calculation for 2019/20 showed direct service and support costs totalling £ 20, 859 and indirect costs totalling £ 2,512 for which Age UK Wiltshire was seeking full cost recovery of the total direct and indirect staffing costs.

ACTION: In considering affordability and fairness, it was agreed with the unanimous support of the funding partners that our local partner contributions in 2019/20 would be offered at £7,000 per annum per partner, a grand total of £21,000 per annum, representing an uplift of £1,000 or 14% per annum per partner on the last two years. The proposal will need to go to the Town Council on 5 March and Area Board on 13 March for ratification. The board of the Health Partnership have already agreed their share of the contribution.

4. Town Council Health and Wellbeing Policy

Dom Newton outlined the commitment of the Town Council to a health and wellbeing policy with a budget of £15,000 in 2019/20 for work in this area. Activities to include joint working with the Health Partnership and other agencies, support to social prescribing activities and the Leg Club, possible re-introduction of a health visitor service and ongoing support to the Living Well service and to efforts to make Bradford on Avon a dementia friendly community.

5. Clean Up Bradford (CLUB)

Derrick Hunt gave a moving account of his personal journey towards improved health and wellbeing. He talked about three projects aimed at keeping people active and socially included (notes attached):

Clean Up Bradford (CLUB)
Bradford on Avon Bowls Club
Bradford and Winsley Sports Association (BAWCASA)

6. Social Prescribing

Jim Lynch described the work of Dr Helen Kingston at the Frome Medical Practice which has received national attention for the success of its programme of “social prescribing” whereby patients are directed to a range of non-medical health and

wellbeing activities “in the community” to help alleviate the symptoms of poor physical and/or mental health. In Frome this has cut hospital attendance by one third.

Ruth Randall confirmed that a similar approach has been adopted in Bradford on Avon, sometimes by a different name, as part of the work of the Transforming Care of Older People (TCOP) service. A team of 7, including 2 nurses, provides support to a clientele of older and vulnerable patients with the aim of reducing hospital admissions and re-admissions. Services in the community include the Leg Club, memory cafes, falls and balance classes, dementia walks, luncheon clubs and the Living Well project through the support of Age UK Wiltshire.

JL is talking to Jane Jones at Holy Trinity Church regarding a possible conference in 2019 to highlight the value of compassionate communities with strong social networks and to feature some of the good practice going on locally in the field of social prescribing www.compassionatecommunities.co.uk This could include speakers from Frome, Bradford on Avon and elsewhere as a way to share good practice.

Johnny Kidney reported that a presentation had been made to Wiltshire Council by Dr Kingston and he would like to understand how this was received before agreeing to support the proposed conference event.

ACTION: JL and JP to meet with Dr Helen Kingston

ACTION: JK to speak to Councillor Jerry Wickham, Cabinet Portfolio Holder

5. Childrens' Mental Health Issues

At the last meeting Karen Spence from Wiltshire Public Health outlined a workshop she runs to address mental health issues for children of school age. This can be tailored to the needs of younger children (Years 5/6) as they transition from primary to secondary school or those of older teenagers, depending on the wishes of this group. Issues covered can include stress, body confidence and cyber bullying.

Peter Dunford and Dom Newton attended a recent meeting of the headteachers of the secondary and primary schools in the school cluster to discuss interest in this.

The headteachers recognised the issues of mental wellbeing throughout the age groups, from reception year upwards. The Sure Start Childrens Centre had provided support services in the past for younger children on issues such as childhood obesity, talking therapies and school readiness. They were conscious that there are services already available at school for children and for parents:

- St Laurence already host an oversubscribed teen counselling service called “Relateen”, provided by Relate
- “Thrive” training has been held to develop emotional wellbeing skills amongst staff
- “Incredible Years” parenting courses have been successful
- The Families and Children Transformation (FACT) project for under 5s provides early years intervention

ACTION: It was agreed that further discussions be held between the H&WG and the Town Council on the potential for a joint programme of support in the area of childrens mental health

8. Dementia Friendly BoA and Mens Shed Update

JP reported that ideas for Dementia Action Week in May were being discussed. Wiltshire Heights Care Home was continuing to show a programme of dementia-friendly films at St Margaret's Hall. It was also trialling a "mind harp" as a music therapy tool for residents with dementia. The Wiltshire Music Centre was likely to host a dementia friendly concert. Special memory café events and dementia awareness sessions were also being planned. The Town Council was investigating dementia-friendly improvements to premises, such as toilet seats and signage.

ACTION: All ideas for Dementia Action Week events welcome

JP gave an update on efforts to establish a Mens Shed for the town. At the invitation of Christ Church Primary School she and Libby Miles had visited to look at a vacant piece of garden on the school site with 4 old sheds and a bungalow with toilet facilities. Peter Dunford and JP had already visited the Brunel Shed in Corsham which incorporates a "dementia shed" 2 days per week and benefits from exclusive use of a former community centre at nil rent. Melksham uses a shipping container, these can be bought at a reasonable price. Alternative sites in Bradford could include the pavilion at Victory Field, which is used very infrequently and is often vandalised and also at Sladesbrook where a container could be sited near the allotments. It was agreed that the site at Christchurch was the probably the favourite option.

Peter Dunford offered to invite a speaker from the Melksham Mens Shed and Derrick Hunt offered to be involved in any meeting also.

Richard Ross at BoA Community Agriculture has invited the Town Council to take a stake in the venture jup on the Bath Road.

ACTION: JP and others to visits Mens Sheds at Melksham, Trowbridge and elsewhere

ACTION: A proposal to be put to Town Council Community and Recreation committee on 19 March for support and resources. Dom Newton to champion.

9. Wellbeing Wednesdays

Dave Payne reported that his referral caseload had increased considerably in BoA. The sessions at the library were being moved to Monday afternoons to run alongside the computer club and would be rebranded accordingly.

ACTION: DP to meet with Dom Newton to discuss joint working

10. Budget position 2018/19

PD reported that there remains unspent monies in the health and wellbeing budget of £ 1,700 in 2018/19.

11. Grant applications:

Wendy O'Grady outlined the work of the Seniors Forum in 2018/19 and costs incurred for room hire and printing totalling £ 668. PD explained that the H&WG had promised the Seniors Forum support up to £ 1,000 per annum.

ACTION: The group was happy to recommend this wellbeing project to the Area Board for funding approval

12. Any Other Business

Peter Dunford reported that this would be his final meeting as facilitator as, following a team reshuffle, he would be moving to the post of Community Engagement Manager for Melksham. Ros Griffiths, the new CEM for Bradford on Avon and Corsham, would be taking over the role.

13. Date of Next Meeting:

Monday 29 April 2019, Bradford Library at 10.30am